



Chef Charles Says...

A newsletter for congregate meal participants for the month of February

Please read carefully. We have new information in this section for February 2011. After some time, the Institute of Medicine released their recommendations for vitamin D at the end of 2010. Please note in the article about vitamin D that we now will use the updated recommendations.

While writing the February Chef Charles newsletter about vitamin D we made a mistake. Vitamin D is usually measured in International Units (IU). The article used milligrams (mg) for the recommendations. Please have your participants blacken the 'mg' and replace with 'IU' in the article.

The information in the Chef Charles newsletter may cause participants to ask questions about specific health conditions such as diabetes or medications. It is not the intent of Chef Charles to answer specific health questions. As a Chef Charles instructor, it is important that you direct any personal health questions to **health professionals**.

Chef Charles is concerned that many older adults who are eligible are not participating in the Food Stamp Program or SNAP (Supplemental Nutrition Assistance Program) as it is now called. In lowa the program is called Food Assistance. As an instructor for Chef Charles, you can help those at your meal site to understand that the SNAP program can make a big difference in their food budget. Activities you can do include:

- Invite a Department of Human Services staff member to your site to talk about the Food Assistance program.
- Show the video/DVD "Food Assistance: Keeping You Healthy" developed by Iowa State University Extension. Each area agency on agency has a copy; contact the nutrition director for a time to use the video.
- Bookmark <u>www.benefitscheckup.org</u> on site computers for participants to visit.
- Remind participants that the EBT cards are handy to use at local stores for food purchases.
- Encourage participants to apply on-line for Food Assistance www.yesfood.iowa.gov.

We encourage you to use the questions at the end of the instructor's guide. This provides feedback to us regarding the success of the Chef Charles program in helping participants to eat healthier, be more active and have safe food. Ask your group the questions at the beginning of your Chef Charles meeting and then again at the end. This will reinforce key points and identify if the participants know the answers.

And finally, beginning in January 2011, we will be retiring the bingo card that usually accompanies your newsletter.







Chef Charles Says Vitamin D and Skin

Props:

- Four cards with one phrase or word on each card (kind of like flash cards)
 - 1. Age
 - 2. Dark skin
 - 3. Weight
 - 4. Medicine or supplements

Inadequate vitamin D can cause health problems for older adults such as limited bone density leading to broken bones or increased falls to just name a few. In earlier newsletters we have discussed how people living in porthern regions have limited sun exposure and

how people living in northern regions have limited sun exposure and thus may not have adequate vitamin D. There are other reasons people may not have enough vitamin D including the following:

People Over Age 50

(1) People older than 50 are at increased risk of developing vitamin D deficiency. As people age, skin cannot synthesize vitamin D as efficiently and the kidney is less able to convert vitamin D to its active hormone form.

People With Dark Skin

(2) Greater amounts of pigment in darker skin reduce the skin's ability to produce vitamin D from sunlight. Some studies suggest that older adults, especially women, with darker skin are at high risk of developing low vitamin D levels.

People Who Are Obese or Who Have Undergone Gastric Bypass Surgery

(3) Obesity does not affect skin's capacity to synthesize vitamin D, but greater amounts of certain fats store more of the vitamin D and alter its release into the blood.

For older adults the updated 2010 recommendations for daily intake of vitamin D is 600 IU up to the age of 70, and 800 IU after the age of 70. In healthy adults, supplementing vitamin D at doses up to 4,000 IU is safe, but remember that we get vitamin D from fortified foods like milk and cereal. Vitamin D made in the body from sunlight does not rise to dangerous levels.

Does vitamin D interact with any medicines or dietary supplements?

(4) Yes. For example, prednisone and some medicines taken to lose weight, lower cholesterol, or control epileptic seizures can raise the need for vitamin D. Ask your pharmacist or doctor to discuss this with you.

Source: USDA Food and Nutrition Information Center







Activity

Please have participants darken the 'mg' in this article and replace with 'IU'. This month's newsletter continues to share information about vitamin D. In addition to where we live there are other factors that cause us to not use available vitamin D.

Say to the group: I have four cards in my hand and I need four people to draw one. Ask each person to share the word or phrase on their card and then have them read the appropriate information or you can read it to them. The words or phrases are numbered in the newsletter article.

And last but not least, we have a new recommendation for vitamin D. In 2010 the Institute of Medicine make the recommendation that adults over the age of 70 need 800 IU daily but they also indicated that the safe upper level of vitamin D is 4000 IU. Milk is an excellent source of vitamin D. How much vitamin D is in eight ounces of milk? Answer: 100 IU. Your daily meal at the site provides 100 IU.

1. Age	2. Dark Skin
3. Weight	4. Medicine or Supplements







Get The News

Props:

- Paper tissue (Kleenex)
- Athletic shoe

Activity

Being Fit Slows Cold Symptoms

People who are more physically active have fewer and milder colds according to a recent study. The researchers tracked the respiratory health of 1,000 adults between the ages of 18 and 85 for 12 weeks. Participants who were physically active at least five days a week reported having cold symptoms fewer days than those who were active less than one day a week. This is just one more reason to put on your walking shoes.

British Journal of Sports Medicine, November, 2010

To get the attention of the group, use the tissue, pretending to blow your nose. How many of you have had a cold this winter and had to use a tissue? Would you like to have fewer colds? The 'Get the News' article in our newsletter suggests one way to limit your number of colds. Share the information from the article. So trade in your tissue for a walk (show athletic shoe) and limit the number of colds you have as well as limiting the length of the cold?

Be Active

Props:

Athletic shoe

Activity

Walking Improves Brain Health

New research suggests that walking at least six miles per week may protect your brain from shrinking in size and in turn, preserve memory in old age. The study found that people, who walked at least 72 blocks per week, or roughly six to nine miles, had greater gray matter volume than people who did not walk as much after nine years. Walking more than 72 blocks did not appear to increase gray matter volume any further. At 13 years in the study, 40 percent had developed cognitive impairment or dementia. The researchers found that those who walked the most cut their risk of developing memory problems in half.

Since it appears that regular exercise in midlife improves brain health and improves thinking and memory in later life, it is one more reason to make regular exercise a priority for all adults.

Neurology, October 13, 2010

Say to the group: I know one more reason to use this athletic shoe for exercising. It seems that walking at least six miles a week can help preserve your memory as you age. In a long term study, the researchers found that after nine years, walkers had better memory. You can learn the details in the newsletter but the message you should remember is that there are many benefits to walking including better memory.







Pick a Better...

Props:

- Two fresh whole carrots
- Small bag of baby carrots
- Watch with second hand
- Carrot peeler

Carrot

Which carrot do you choose—baby or whole? Do you consider cost or convenience?

Let's look at cost. Assume you buy a one-pound bag of carrots for \$1.49 and a one-pound bag of baby carrots for \$2.29 each. There are approximately 80-86 baby carrots per bag so the average cost is just under 3 cents each. Whole carrots require peeling and cutting each carrot. If you cut each large carrot into four sticks per carrot it yields 104 carrot sticks, with a cost of 1 cent each. Baby carrots are quicker, but they cost three times as much per carrot stick.

Most people agree that the taste of either type of carrot is similar, and nutritionally they are equal. Like many root vegetables, carrots are loaded with vitamin A and C as well as fiber. So whether you choose by cost or convenience, eating orange carrots is a winning decision.

Activity

Share the cost of the whole carrots per pound and the cost of the bag of baby carrots from your shopping trip. To calculate the cost per carrot, divide the cost by the number of carrots in the bag.

Now for some fun. Select two people to peel each carrot keeping track of the time. How long does it take? Remember that some may be slower than others because such conditions as arthritis.

What other vegetable or fruit comes in both whole and ready-toeat? (Apples slices, greens and others)

Chef Charles Asks the Questions

Props:

A big O on a page

Why Does Ground Beef Turn Gray?

Meat contains a pigment called myoglobin that turns bright red when exposed to oxygen. Grocery stores typically cover ground beef with a plastic wrap that allows some oxygen to penetrate, so that the surface of the meat turns this appealing red color, which consumers have come to associate with freshness. When ground beef is not exposed to oxygen (as in the inside of the packaged meat), the pigment turns grayish-brown after a few days. Ground beef that is red on the outside and gray inside should be safe to eat. If the ground meat is gray or brown throughout, however, that could indicate that it is beginning to spoil and if you just bought it, you may want to return it to the store. Spoilage bacteria, though generally harmless, can make meat smell and cause other signs of deterioration. By the way, meat can also turn gray in the freezer. It







is perfectly fine and safe to eat. Remember: store ground beef in the refrigerator below 41 degrees and use within 1-2 days.

Activity

Ask the group: Did anyone take a chemistry class in school? Show the page with the big O. The O is abbreviation for which element? Answer-Oxygen.

OR

What do we breathe, when we breathe air? (oxygen)

Oxygen also causes a change in the color of the ground beef you buy. Share information highlighted in yellow. But the color is different on the inside (gray) and that is because it is not exposed to oxygen.

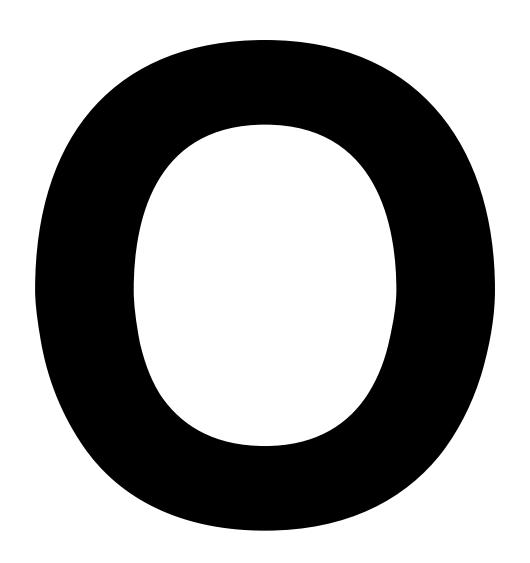
Bring home the ground beef (red on the outside) and immediately refrigerate at 41 degrees for 1-2 days. If you will not use in the time it is best to freeze.

How many of you have a refrigerator thermometer? Make sure to check and keep it at 41 degrees or lower.















Food Safety

Props:

- Sign of words Raw Food with circle and X through words
- Sign or picture of fruit and vegetables without the X through



Activity

Older Adults Have Special Risks

A healthy diet, including a wide range of foods, can help you avoid sickness. But raw foods may be risky for older adults. As you age, it is easier to get sick from germs in your food. Having chronic conditions like diabetes, kidney disease, or some cancer treatments may add to your risk. Older adults should avoid:

- Raw fish and shellfish, such as oysters, clams, mussels, and scallops
- Raw or undercooked meat or poultry
- · Raw or unpasteurized milk or cheese
- Soft cheeses such as feta, brie, blue, and Mexican-style unless pasteurized
- Raw or lightly cooked eggs or egg products, such as salad dressings, cookie dough, cake batter, sauces, and drinks such as eggnog
- Raw sprouts
- Unpasteurized or untreated juice from fruits and veggies

In the U.S., almost all juice is treated or pasteurized to kill germs.

This makes it safe to drink. The FDA requires a warning label on all juices that have not been treated. The label says:

WARNING: This product has not been pasteurized and therefore may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with a weak immune system.

As we age our stomach produces less gastric acid. Stomach acid kills many of the bacteria that are found in the food we eat. This means that older adults are at greater risk for getting sick from raw foods than younger people.

What are some raw foods you can think of? Let's look at the list in our newsletter. A heat treatment like pasteurization will make a raw food safer for you to eat.

Some raw foods are safe especially if you wash and scrub the food. Such raw foods considered safe include fruits and vegetables. Just make sure to clean them well.















Snacks

Teaching Points:

- Left over carrots can be used as a snack. Peel a few extra and store in the refrigerator for snacks.
- Which apple would you use for this salad?
- The lemon juice makes sure the apples do not turn brown
- Make sure to prepare ahead of time to allow time to chill.

Apple Carrot Salad

½ cup shredded carrot 1(medium) diced apple

1 ½ tablespoon lemon juice

1/4 cup raisins

2 tablespoons low-fat mayonnaise

This is a Fruit and Veggies - More Matters recipe.

Directions: Combine all ingredients. Chill thoroughly. Makes 3- ½ cup servings.

Why use low-fat?

One brand of low-fat mayonnaise had only 1 gm fat compared to 10 gm in the regular product per tablespoon.

Calories 120; fat 4 gm; sodium 115 mg; protein 1 gm; fiber 4 gm; potassium 280 mg, folic acid 13 mcg









1	The new vitamin of 70 is?	y New Ideas? D recommendation for people ove	er the age
2.	Exercise can impr	ove you resistance for	
3.	Walking at least s	ix miles a week helps your	
4.	What temperature	e should you keep your refrigerate	or?
5.	Older adults shou	ld limit their in take of this kind of	food?
Co Co sites Ad Cit	ntact Name ngregate Mea	Il Site (Please list all the ordering the newsletter.	rition Network Partners Only)
	Month	# Newsletters	# Incentives

Month	# Newsletters	# Incentives
February, 2011	Congregate Meal Site Participants	The incentive for January-March is a stretch band. If you did not receive enough in January, indicate how many are needed

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Did You Learn Any New Ideas?		Your Answers	
1.	The new vitamin D recommendation for people over the age of 70 is?	800 IU	
2.	Exercise can improve you resistance for	Common cold	
3.	Walking at least six miles a week helps your	memory	
4.	What temperature should you keep your refrigerator?	41 degrees	
5.	Older adults should limit their in take of this kind of food?	Raw foods from newsletter list	

Chef Charles Says...

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This material was funded by the Iowa Nutrition Network and USDA's SNAP. SNAP provides nutrition assistance to people with Iow income. Food assistance can help you buy nutritious foods for a better diet. To find out more about Iowa's Food Assistance Program, contact the local Iowa Department of Human Services office serving the county where you live, or call toll-free at 1-877-937-3663.

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